



Murfreesboro Parks and Recreation Department Youth League Basketball Sign-ups

Boys & Girls Ages 5-15

Monday-Friday October 3, 2011– October 31, 2011
8a.m-8p.m. Sports*Com
8a.m-8p.m. Patterson Community Center

Monday-Friday October 3, 2011– October 31, 2011
8a.m-4p.m. Barfield Main Office

Saturdays Oct 1, Oct 8, Oct 15, Oct 22, 2011
10a.m.-1p.m. Sports*Com

Cost: \$50.00 per player
Age Cutoff Date: December 31, 2011 Proof of age required.

Additional Information:
Athletics Division @ 907-2251

E-Mail: athletics@murfreesborotn.gov

Homeschool P.E.

Homeschool P.E. is for children from 1st – 9th grade to participate in physical education activities. Space is limited to 25 children per class, so please call 893-7439 in advance to reserve your spot. Children under the age of 8 must have a parent/legal guardian present at all times. Minimum of 4 children required to hold a class.

Ages: 1st – 9th grade
Date: September - November
Day: Monday, Tuesday, Wednesday and Thursday
Time: 1 pm – 2 pm
Location: Patterson Park Community Center
Fee: \$3 per child or Premium Admission
Contact: Ralph Buckingham, 893-7439

Home School P.E.—8th-12th Grades

This 45-minute class will focus on teaching students the skills needed to make physical activity a part of their everyday lives. Students will learn fundamentals of weight-lifting and how to use the facility's weight equipment as well as how to choose and design personal cardiovascular programs.

Ages: 13 to 17
Date: September 6 – Dec. 15, 2011
Day: Tuesdays and Thursdays
Time: 2:00-2:45
Location: Sports*Com Weight Room
Fee: Premium Pass--Students must preregister by Sept. 2, as space will be limited to insure quality instructor/student time.
Contact: Allison Davidson, 895-5040, adavidson@murfreesborotn.gov



Youth Volleyball

Bump, set and spike it at Sports*Com, as qualified coaches give instruction on every aspect of the game. From beginners to advanced players, youth volleyball athletes in middle school and high school will get the opportunity to develop and refine their skills.

Ages: 9 - 17
Dates: Thursdays
Time: 4:30 to 6:00 p.m.
Location: Sports*Com
Fee: \$3 per visit
Contact: Thomas Laird, 867-4913, tlaird@murfreesborotn.gov

Why Homeschool P.E.?

"Physical education plays a critical role in educating the whole student. Research supports the importance of movement in educating both mind and body. Physical education contributes directly to the development of physical competence and fitness. It also helps students to make informed choices and understand the value of leading a physically active lifestyle. The benefits of physical education can affect both academic learning and physical activity patterns of students. The healthy, physically active student is more likely to be academically motivated, alert, and successful."

-National Association for Sport & Physical Education





Sports*Com Adult Basketball

Looking for a little more organization in your pickup games? Adult 30+ Basketball is the solution. While playing on a smaller court players experience pickup style basketball with officials and scorekeepers. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so don't let that discourage you.

Ages: Adults
 Dates: Wednesdays beginning in September, 2011
 Time: Games will begin at 6:00, 7:00 and 8:00 P.M.
 Location: Sports*Com
 Fee: \$3 per visit per person
 Contact: Thomas Laird, 907-2251, tlaird@murfreesborotn.gov

Fall Adult League Basketball

Fall Adult League Basketball is designed for adults, who are 18 years of age and older, to compete against others in about a seven-week season with a single elimination tournament at the end of the season. Each player will pay \$4 or premium admission each night of play. Space is limited to eight teams.

Ages: 18 and up
 Date: Sign-ups: July 25 – August 22 (or until full)
 League Play: Tentative Start Date September 6
 Day: Tuesday and Thursday nights
 Time: Games are either 6:30 or 7:30 p.m.
 Location: Patterson Park Community Center
 Fee: \$4 per player or Premium Admission
 Contact: Mike Philpott, 907-2251, mphilpott@murfreesborotn.gov

Adult Recreational Coed Volleyball League

The Recreation Department offers recreational volleyball for those players who are out to have fun. The league plays at Patterson Park on Monday nights in a laid-back atmosphere. Social interaction and fun are a big part of the league. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so please call and let us know you're interested.

Ages: Adults
Dates: Mondays beginning in Sept. 2011
Time: Games will begin at 6:00, 7:00 and 8:00 P.M.
Location: Patterson Park
Fee: \$4 per visit per person or premium pass
Contact: Thomas Laird, 907-2251, tlaird@murfreesborotn.gov



Adult Power Coed Volleyball League

Murfreesboro Parks and Recreation offers competitive volleyball for those players who have experience with the game. The league plays at Sports*Com on Thursday nights and the competition is stiff. Teams wanting to get in the league can call the contact information below. Experienced players without a team should contact us, and we will try to get you involved.

Ages: Adults
Dates: Thursdays beginning in September 2011
Time: Games will begin at 6:00, 7:00 and 8:00 P.M.
Location: Sports*Com
Fee: \$4 per visit per person or premium pass
Contact: Thomas Laird, 907-2251, tlaird@murfreesborotn.gov

